Are the Potent Factors That Make Old Age Possible in New England-People Who Have Survived in Spite of Doctors'

Poor Richard's "Early to bed and early to rise," etc., never had a better illustration than The Globe's old people have given it. Not only have the farmers and their wives been early risers, but nearly all who have followed other occupations have been also. If observance of Franklin's maxim has had any predominant effect conducive to longevity, the fact we have just stated strikes a hard blow at the theory of some physicians, who claim that man should not go abroad in the morning until the sun has been up long | Hon. C. R. Bishop. enough to dissipate the noxious vapors which have risen from and overhang the earth's surface during the night.

So marked were the instances of early rising and retiring that The Globe made a list of persons who may be said to represent the extremists of at least the first lines of the maxim, and found that out of about 2,000 persons whose habits of life were intelligently set forth in the blanks 330 men have been through life in the habit of lying abed not later than 5:30 o'clock in the morning, while 328 women always have risen before 6 a. m., most of whom still continue to do so. These are the people who were trained from youth to get a grip on the day's work that did not loosen until it was done; who cleared our forests, built our roads, founded our towns. established our school system, and from the native richness of their country homes sent into the world the sturdy young men, the qualities of rosy cheeked young women, with whose influx the town became the city, the city a metropolis, and a profitable market was created for the products of the farms they had left, and the money made in mercantile life went back to the tillers of the soil and our inland commerce came into being. One correspondent, writing from New

market, N. H., gives a good idea of the circumstances of some of the old people he has seen, and advances one or two ideas not unsupported by medical opinion. He says: " could extend names almost indefinitely of men all around here living on an abundance of plain food, hard workers, no liquors, regular in their habits, who never die from disease, but only as old age takes them off. I include regular church attendance, because I believe that to be an important matter as giving peace of mind, contentment and hope -all favorable to longevity. On the other hand, I could furnish a large list of persons who, other things being favorable, have killed themselves with liquor, cider, irregularity in eating, working and sleeping; some living to good age but always sickly. Men and women living in the neighborhood, who have been temperate in all things, never die, if they escape consumption, except from pneumonia or other a 'e disease. Almost every farmhouse that has remained in the same family for a century will be a home for three or four generations, all living together, extremes meeting-excellent company for each other and the happiest families that can be found. No danger of filial love and reverence dying out in such families as these," "There is one point which I have tried to bring out in this canvass among the old people," writes another correspondent, "and that is the effect of tobacco on the health, If this point has been as carefully considered by other correspondents and with the same results, it alleviates the fears which many may entertain about nicotine and the curtailment of life by the use of tobacco. Among the very oldest of the people interviewed, between 90 and 100, the men have

majority of cases, since an early age." But our returns fail to show that any considerable number of the old people ever made habitual use of liquor through life; and it must be borne in mind that the Medford runs of our grandfathers and other liquors in use half a century ago were without doubt purer and better than nineteen-twentieths of the liquor sold today. One hundred and fifty of the old gentlemen say positively that they never used liquor or tobacco in any form, 95 confess to the use of liquor only, 11 to the notice. use of tobacco only, while 54 admit having made habitual use of both liquor and tobacco, though instances of immoderate use of liquor are very rare. We cannot think these figures accurate, as it is doubtful if this subject was thoroughly canvassed, but it is safe to say that a very small proportion of the men and but a trivial number of the women made habitual use of liquor and to-

been addicted to the use of tobacco, in the

It is curious to note, by the way, that early life ceased using it entirely, while of the men who used liquor and tobacco nearly all who discarded liquor clung to the tobacco habit. Cider, forty-four men say, they have drank for years, but the effect of hard cider upon the constitution cannot be learned from The Globe's figures until some of the farmers that had nothing to say on the subject are

use of liquor or tobacco are more incomplete than of the men. Only three were willing to say that they had used snuff-which must be a very small proportion of the correct number-and eleven admit having smoked, which proportion, too, must be small.

With exceptions so few as to be not worth recording numerically, the old people upon the list have had three meals a day, at regular hours, of substantial food through their lives; and, what is more interesting, nine tenths of them still continue to eat heartily, and of whatever they like. It is a hygienic law that three light meals a day are better for elderly people in health than one heavy one, and our old people, of course, are simply following the dictates of nature, while at the same time they prove the truth of her teachings. Tea and coffee, too, they use, one or the other, but most of them both, with only about a dozen exceptions. Some have taken to drinking these beverages late in life, but not enough, we may infer, to affect the accuracy of the statement that nearly all of them have been ten and coffee drinkers.

Of vegetarians but nine are mentioned, five men and four women. Two women eat no vegetables, one cats none that grow above ground, one eats no fish and one eats no meat, To sum up their table habits, our octogenarians as a whole have eaten and drunk just what the rest of the family have, in youth

and in old age. Several instances of the "milk cure" are recorded. Human milk contains very little fatty matter, and skimmed milk closely resembles it; and the remedy consists in living for a time exclusively on skimmed milk; no strength is lost by the natural process of digestion, and the surplus nutriment gained by thus furnishing the stomach with what it can digest with little effort goes into the blood and builds up the system; and, as one writer says, "the effect of thus returning to the simple norwishment of childhood strikingly and beautifully illustrates the chemistry of the ism for same with very satisfactory results, we living body."-Boston Globe,

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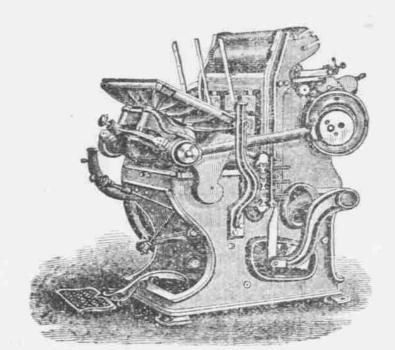
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